

# Pacific NW Regional Cuisine

## APPETIZERS

British Columbia: Smoked Trout Crostini  
Washington State: Dungeness Crab Stuffed Mushrooms  
Oregon: Hazelnut and Goat Cheese Stuffed Figs  
Northern California: Avocado and Ahi Tuna Tartare

## ENTREES

British Columbia: Cedar-Planked Halibut  
Washington State: Wild Mushroom Risotto  
Oregon: Hazelnut-Crusted Chicken  
Northern California: Grilled Portobello Mushrooms

## SIDES

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Oregon: Pear and Hazelnut Salad  
Washington: Apple and Cherry Farro Salad  
Northern California: Saffron Quinoa Pilaf

## DESSERTS

British Columbia: Blueberry Lavender Shortbread  
Washington State: Apple Chai Spice Cake  
Oregon: Hazelnut Pear Tart  
Northern California: Almond and Apricot Galette

## BEVERAGES

British Columbia: Blueberry Lemon Iced Tea  
Washington State: Apple Ginger Fizz  
Oregon: Pear and Mint Cooler  
Northern California: Berry Hibiscus Lemonade

# Smoked Trout Crostini

Delicate smoked trout on crispy crostini, topped with a tangy cream cheese spread and fresh herbs.

**PREP TIME:** 15 minutes

1 baguette, sliced into thin rounds  
Olive oil for brushing  
8 oz smoked trout, flaked  
4 oz cream cheese, softened  
1 t finely ground Green Rooibos Key West

**COOK TIME:** 5 minutes

tea  
1 T fresh dill, chopped  
1 T capers, drained  
Lemon wedges for garnish

**BRUSH THE BAGUETTE** slices with olive oil and toast them lightly.

**MIX THE CREAM CHEESE** and finely ground Green Rooibos Key West tea until smooth.

**SPREAD THE CREAM CHEESE** mixture on each toasted baguette slice.

**TOP WITH** smoked trout, dill, and capers.

**GARNISH WITH LEMON** wedges and serve immediately.

# Dungeness Crab Stuffed Mushrooms

Savory mushrooms filled with a rich Dungeness crab mixture, perfect for a sophisticated appetizer.

**PREP TIME:** 20 minutes

1 lb large mushrooms, stems removed  
8 oz Dungeness crab meat, picked over for shells  
1/2 C breadcrumbs  
1/4 C mayonnaise  
1 lg egg, beaten

**COOK TIME:** 15 minutes

1 t finely ground Jasmine Phoenix Pearls tea  
1 T fresh parsley, chopped  
1 T fresh chives, chopped  
Salt and pepper to taste  
Olive oil for drizzling

**PREHEAT THE** oven to 375°F.

**MIX THE CRAB** meat, breadcrumbs, mayonnaise, egg, finely ground Jasmine Phoenix Pearls tea, parsley, chives, salt, and pepper in a bowl until well combined.

**STUFF EACH MUSHROOM** cap with the crab mixture.

**PLACE THE MUSHROOMS** on a baking sheet and drizzle with olive oil.

**BAKE FOR 15 MINUTES** until the filling is golden and the mushrooms are tender.

# Hazelnut and Goat Cheese Stuffed Figs

Sweet figs stuffed with creamy goat cheese and crunchy hazelnuts, drizzled with honey.

**PREP TIME:** 10 minutes

**COOK TIME:** 5 minutes

12 fresh figs, halved  
4 oz goat cheese, softened  
1/4 C hazelnuts, toasted and chopped

1 † finely ground Honeybush Vanilla tea  
Honey for drizzling

**PREHEAT THE OVEN** to 350°F.

**MIX THE GOAT CHEESE** and finely ground Honeybush Vanilla tea until smooth.

**STUFF EACH FIG** half with the goat cheese mixture.

**SPRINKLE WITH** chopped hazelnuts.

**PLACE THE FIGS** on a baking sheet and bake for 5 minutes.

**DRIZZLE WITH** honey before serving.

# Avocado and Ahi Tuna Tartare

A fresh and vibrant tartare with creamy avocado and sushi-grade ahi tuna, seasoned with a hint of citrus.

**PREP TIME:** 15 minutes

**COOK TIME:** None

8 oz sushi-grade ahi tuna, diced  
2 avocados, diced  
1 † finely ground Citron Green tea  
1 T soy sauce  
1 T lime juice

1 T sesame oil  
1 T fresh cilantro, chopped  
Salt and pepper to taste  
Sesame seeds for garnish

**MIX THE DICED TUNA**, soy sauce, lime juice, sesame oil, finely ground Citron Green tea, cilantro, salt, and pepper in a bowl.

**GENTLY FOLD** in the diced avocado.

**SERVE IMMEDIATELY**, garnished with sesame seeds.

# Cedar-Planked Halibut

A flavorful halibut fillet cooked on a cedar plank, infusing it with a subtle smoky taste.

**PREP TIME:** 15 minutes

**COOK TIME:** 20 minutes

4 halibut fillets  
1 cedar plank, soaked in water for at least  
1 hour  
2 T olive oil  
1 T lemon juice

1 † finely ground Jasmine Phoenix Pearls  
tea  
Salt and pepper to taste  
Fresh dill for garnish

**PREHEAT THE GRILL** to medium-high heat.

**MIX OLIVE OIL**, lemon juice, and tea in a bowl.

**BRUSH THE HALIBUT** with the mixture.

**PLACE THE CEDAR PLANK** on the grill until it starts to smoke.

**GRILL THE HALIBUT** on the plank for 15-20 minutes.

**GARNISH WITH DILL** and serve.

# Wild Mushroom Risotto

A creamy risotto made with a variety of wild mushrooms, bringing the earthy flavors of Washington to your table.

**PREP TIME:** 15 minutes

**COOK TIME:** 30 minutes

1 C Arborio rice  
4 C vegetable broth  
1 C wild mushrooms, sliced  
1 lg shallot, finely chopped  
1/2 C white wine

1/2 C Parmesan cheese, grated  
1 † finely ground Forest Berries tea  
2 T butter  
Salt and pepper to taste  
Fresh parsley for garnish

**HEAT THE BROTH** and keep it warm.

**SAUTÉ THE SHALLOT** in butter until translucent.

**ADD THE MUSHROOMS** and cook until tender.

**STIR IN RICE** and cook for 2 minutes.

**ADD THE WINE** and cook until absorbed.

**GRADUALLY ADD BROTH**, stirring constantly, until rice is creamy.

**STIR IN** cheese and tea.

**SEASON WITH** salt and pepper.

**GARNISH WITH PARSLEY** and serve.

# Hazelnut-Crusted Chicken

Tender chicken breasts coated in a crunchy hazelnut crust, served with a honey mustard sauce.

**PREP TIME:** 15 minutes

**COOK TIME:** 20 minutes

4 chicken breasts  
1 C hazelnuts, finely chopped  
1/2 C breadcrumbs  
1 t finely ground Honeybush Vanilla tea 2 lg  
eggs, beaten

Salt and pepper to taste  
2 T olive oil  
1/4 C Dijon mustard  
1/4 C honey

**PREHEAT THE OVEN** to 375°F.

**MIX HAZELNUTS**, breadcrumbs, and tea in a bowl.

**SEASON THE CHICKEN** with salt and pepper.

**DIP THE CHICKEN** in beaten eggs, then coat with hazelnut mixture.

**HEAT OLIVE OIL** in a skillet over medium heat.

**BROWN THE CHICKEN** on both sides.

**TRANSFER TO OVEN** and bake for 15 minutes.

**MIX MUSTARD AND** honey for the sauce.

**SERVE THE CHICKEN** with the sauce.

# Grilled Portobello Mushrooms

Hearty portobello mushrooms marinated and grilled, served with a balsamic glaze.

**PREP TIME:** 10 minutes

**COOK TIME:** 15 minutes

4 large portobello mushrooms  
1/4 C balsamic vinegar  
2 T olive oil  
1 t finely ground Rooibos Vanilla tea

2 cloves garlic, minced  
Salt and pepper to taste  
Fresh basil for garnish

**MIX VINEGAR**, olive oil, tea, and garlic in a bowl.

**MARINATE THE MUSHROOMS** for 30 minutes.

**PREHEAT THE GRILL** to medium heat.

**GRILL THE MUSHROOMS** for 5-7 minutes per side.

**SEASON WITH** salt and pepper.

**GARNISH WITH BASIL** and serve.

# Truffle Mashed Potatoes

Creamy mashed potatoes with a luxurious touch of truffle oil, perfect for a sophisticated side dish.

**PREP TIME:** 15 minutes

**COOK TIME:** 20 minutes

4 lg russet potatoes, peeled and cubed  
1/2 C heavy cream  
1/4 C butter  
1 T truffle oil

1 t finely ground White Peony tea  
Salt and pepper to taste  
Fresh chives for garnish

**BOIL THE POTATOES** until tender, about 15 minutes.

**DRAIN AND MASH** the potatoes until smooth.

**HEAT THE CREAM**, butter, and tea until warm.

**MIX THE CREAM MIXTURE** into the potatoes.

**STIR IN** truffle oil.

**SEASON WITH** salt and pepper.

**GARNISH WITH** chives and serve.

# Pear and Hazelnut Salad

A fresh and vibrant salad with sweet pears, crunchy hazelnuts, and a light vinaigrette.

**PREP TIME:** 10 minutes

**COOK TIME:** None

4 C mixed greens  
2 lg pears, thinly sliced  
1/4 C hazelnuts, toasted and chopped  
1/4 C blue cheese, crumbled  
1 t finely ground Honeybush Vanilla tea

2 T olive oil  
1 T apple cider vinegar  
1 t honey  
Salt and pepper to taste

**ARRANGE THE GREENS** on a serving platter.

**TOP WITH PEARS**, hazelnuts, and cheese.

**MIX OLIVE OIL**, vinegar, tea, and honey in a bowl.

**DRIZZLE THE VINAIGRETTE** over the salad.

**SEASON** with salt and pepper and serve.

# Apple and Cherry Farro Salad

A hearty and flavorful farro salad with crisp apples, sweet cherries, and a tangy dressing.

**PREP TIME:** 15 minutes

**COOK TIME:** 30 minutes

1 C farro  
2 C water  
1 lg apple, diced  
1/2 C dried cherries  
1/4 C pecans, toasted and chopped  
1 t finely ground Cranberry Apple Iced tea

2 T olive oil  
1 T balsamic vinegar  
1 t Dijon mustard  
Salt and pepper to taste  
Fresh parsley for garnish

**COOK THE FARRO** in water until tender, about 30 minutes.

**DRAIN AND COOL** the farro.

**MIX THE FARRO**, apple, cherries, and pecans in a bowl.

**WHISK OLIVE OIL**, vinegar, tea, and mustard in a separate bowl.

**POUR THE DRESSING** over the salad.

**SEASON WITH** salt and pepper.

**GARNISH WITH PARSLEY** and serve.

# Saffron Quinoa Pilaf

A luxurious quinoa pilaf infused with saffron and studded with dried fruits and nuts.

**PREP TIME:** 10 minutes

**COOK TIME:** 20 minutes

1 C quinoa  
2 C vegetable broth  
1/4 t saffron threads  
1/4 C dried apricots, chopped  
1/4 C pistachios, chopped

1 t finely ground Rooibos Vanilla tea  
2 T olive oil  
Salt and pepper to taste  
Fresh mint for garnish

**RINSE THE QUINOA** under cold water.

**HEAT THE BROTH** and saffron until warm.

**COOK THE QUINOA** in the broth until tender, about 15 minutes.

**STIR IN APRICOTS**, pistachios, and tea.

**DRIZZLE WITH** olive oil.

**SEASON WITH** salt and pepper.

**GARNISH WITH** mint and serve.

# Blueberry Lavender Shortbread

Delicate shortbread cookies infused with lavender and studded with fresh blueberries, perfect for a sweet treat.

**PREP TIME:** 15 minutes

**COOK TIME:** 20 minutes

1 C butter, softened  
1/2 C sugar  
2 C flour  
1 t finely ground Lavender Lemon tea

1/2 C fresh blueberries  
1 t vanilla extract  
Pinch of salt

**PREHEAT THE OVEN** to 350°F.

**CREAM THE** butter and sugar until light and fluffy.

**MIX IN THE FLOUR**, tea, and salt until combined.

**GENTLY FOLD IN** the blueberries and vanilla.

**PRESS THE DOUGH** into a baking pan.

**BAKE FOR 20** minutes until golden.

**COOL BEFORE** cutting into squares.

# Apple Chai Spice Cake

A moist and flavorful apple cake with warm chai spices, perfect for a cozy dessert.

**PREP TIME:** 20 minutes

**COOK TIME:** 45 minutes

2 C flour  
1 t baking soda  
1 t baking powder  
1 t finely ground Masala Chai tea  
1/2 t cinnamon  
1/4 t nutmeg  
1/4 t salt

1/2 C butter, softened  
1 C sugar  
2 lg eggs  
1 t vanilla extract  
1/2 C buttermilk  
2 lg apples, peeled and diced

**PREHEAT THE OVEN** to 350°F.

**MIX THE DRY** ingredients in a bowl.

**CREAM THE BUTTER** and sugar until light and fluffy.

**ADD THE EGGS** and vanilla to the butter mixture.

**ALTERNATE ADDING** the dry ingredients and buttermilk.

**FOLD IN** the apples.

**POUR THE BATTER** into a greased baking pan.

**BAKE FOR 45 MINUTES** until a toothpick comes out clean.

**COOL** before serving.



# Hazelnut Pear Tart

A beautiful tart with a buttery crust, filled with a hazelnut frangipane and topped with sweet pears.

**PREP TIME:** 20 minutes

**COOK TIME:** 40 minutes

1 pre-made tart crust  
1/2 C butter, softened  
1/2 C sugar  
1 lg egg  
1 t finely ground Honeybush Vanilla tea

1 C ground hazelnuts  
2 lg pears, thinly sliced  
1 t lemon juice  
1 T honey

**PREHEAT THE OVEN** to 350°F.

**CREAM THE BUTTER** and sugar until light and fluffy.

**MIX IN THE EGG**, tea, and ground hazelnuts.

**SPREAD THE MIXTURE** into the tart crust.

**ARRANGE THE PEAR** slices on top.

**BRUSH WITH LEMON** juice and honey.

**BAKE FOR** 40 minutes until golden.

**COOL** before serving.

# Almond and Apricot Galette

A rustic galette with a flaky crust, filled with sweet apricots and almonds, perfect for a simple yet elegant dessert.

**PREP TIME:** 15 minutes

**COOK TIME:** 30 minutes

1 pre-made pie crust  
1/4 C almond flour  
1 t finely ground Rooibos Vanilla tea  
1/4 C sugar

4 lg apricots, sliced  
1 T honey  
1 T butter, melted  
1 lg egg, beaten

**PREHEAT THE OVEN** to 375°F.

**MIX THE ALMOND** flour, tea, and sugar in a bowl.

**SPREAD THE** mixture over the pie crust.

**ARRANGE THE** apricot slices on top.

**DRIZZLE WITH HONEY** and melted butter.

**FOLD THE EDGES** of the crust over the filling.

**BRUSH WITH** beaten egg.

**BAKE FOR** 30 minutes until golden.

**COOL** before serving.

# Blueberry Lemon Iced Tea

A refreshing iced tea with the tartness of blueberries and the zest of lemon, perfect for a cool drink.

**PREP TIME:** 10 minutes

**CHILL TIME:** 1 hour

4 C water  
4 t Blueberry tea  
1/2 C fresh blueberries  
1/4 C lemon juice

1/4 C sugar  
Ice cubes  
Lemon slices for garnish

**BREW THE TEA** in boiling water for 5 minutes.

**STIR IN THE SUGAR** until dissolved.

**MIX THE BREWED** tea with lemon juice and blueberries.

**CHILL** for 1 hour.

**SERVE OVER** ice with lemon slices.

# Apple Ginger Fizz

A sparkling drink with the crispness of apples and a hint of ginger, perfect for a refreshing sip.

**PREP TIME:** 10 minutes

**CHILL TIME:** 1 hour

4 C water  
4 † Ginger Peach tea  
1/2 C apple juice  
1/4 C sugar

1 C sparkling water  
Ice cubes  
Apple slices for garnish

**BREW THE TEA** in boiling water for 5 minutes.

**STIR IN THE SUGAR** until dissolved.

**MIX THE BREWED** tea with apple juice.

**CHILL FOR** 1 hour.

**ADD SPARKLING** water before serving.

**SERVE OVER** ice with apple slices.

# Pear and Spearmint Cooler

A cool and refreshing drink with the sweetness of pears and the freshness of mint, perfect for a summer day.

**PREP TIME:** 10 minutes

**CHILL TIME:** 1 hour

4 C water  
4 t Spearmint tea  
1/2 C pear juice

1/4 C sugar  
Ice cubes  
Pear slices and mint sprigs for garnish

**BREW THE TEA** in boiling water for 5 minutes.

**STIR IN THE SUGAR** until dissolved.

**MIX THE BREWED** tea with pear juice.

**CHILL FOR** 1 hour.

**SERVE OVER** ice with pear slices and mint sprigs.

If you prefer to make your own pear juice at home, here's a simple recipe:

## Homemade Pear Juice

**PREP TIME:** 10 minutes

**COOK TIME:** 10 minutes

4 ripe pears, peeled and cored  
1/4 C sugar (optional)

2 C water  
1 T lemon juice

**BLEND THE PEARS** until smooth.

**COMBINE** the pear puree, sugar, and water in a saucepan.

**HEAT THE MIXTURE** over medium heat until the sugar is dissolved, about 5 minutes.

**STIR IN** the lemon juice.

**STRAIN THE MIXTURE** through a fine mesh sieve to remove any solids.

**CHILL THE JUICE** in the refrigerator before serving.

# Berry Hibiscus Lemonade

A vibrant and tangy lemonade with the flavors of mixed berries and hibiscus, perfect for a refreshing drink.

**PREP TIME:** 10 minutes

**CHILL TIME:** 1 hour

4 C water

4 † Hibiscus tea

1/2 C mixed berry juice

1/4 C lemon juice

1/4 C agave syrup

Ice cubes

Berry mix and lemon slices for garnish

**BREW THE TEA** in boiling water for 5 minutes.

**STIR IN THE AGAVE** syrup until dissolved.

**MIX THE BREWED** tea with berry and lemon juices.

**CHILL FOR** 1 hour.

**SERVE OVER** ice with berry mix and lemon slices.